

What are my 'macros'?

The term macronutrient is given to the three largest nutrients in the diet.

Most of the energy (calories) that we get from our food will come from one of these three: carbohydrates, protein and fat.

Micronutrients are termed so, because they are smaller and do not contain calories, but are equally as important. When it comes to nutrition principles, macronutrients are always discussed first in the nutrition hierarchy as they provide calories (energy).

There is no need, or reason, to cut out any of the three macronutrients from your diet.



CARBS	PROTEIN	FAT
ENERGY: 4 CALORIES PER GRAM FUNCTIONS: PROVIDE ENERGY, FACILITATE FAT METABOLISM, PREVENT PROTEIN BREAKDOWN RECOMMENDED INTAKE: 45% - 65%	ENERGY: 4 CALORIES PER GRAM FUNCTIONS: PROVIDE ENERGY, BUILD AND REPAIR TISSUE, USED AS ENZYMES TO FACILITATE BODY REACTIONS RECOMMENDED INTAKE: 20% - 45%	ENERGY: 9 CALORIES PER GRAM FUNCTIONS: PROVIDE ENERGY, ABSORB VITAMINS, REGULATE BODY TEMPERATURE, PROVIDE ESSENTIAL FATTY ACIDS RECOMMENDED INTAKE: 15% - 35%



Calories



Set your calorie target first

Then Set your protein target

Then Set your fat target

Allocate the remainder of your calories towards carbohydrates.

Achieving Balanced Meals

A balanced meal contains all 3 macronutrients

BUILD YOUR PLATE

✓ **PROTEIN**

1.5 -2 palm sized portions
1.6-2g.kg per day

✓ **CARBOHYDRATES**

Based on intensity of activity levels that day



✓ **FIBRE & COLOUR**

In each meal

✓ **FATS**

Moderate intake